

Your Impact in KFL&A



United Way KFL&A raises funds locally and invests them locally for maximum impact. Through your support:

74,083 people were helped locally through 61 agencies and 127 programs



29,647 children and youth accessed programs to reach their highest potential



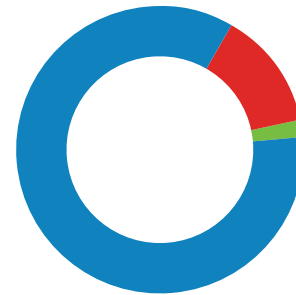
18,047 individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



26,389 people were helped by our programs and initiatives in meeting their basic needs and moving out of poverty

Accountability

United Way is efficient and effective, maximizing the amount that is invested in the community through local agencies and programs.



90.7% Funds invested directly into programs and services

7.8% Fundraising costs

1.5% Related Administrative Costs

* Canada Revenue Agency's benchmark for fundraising and administrative cost ratio is 35%

Local Love in action ♡



United Way
Kingston, Frontenac,
Lennox and Addington

What is United Way?

United Way Kingston Frontenac Lennox & Addington works closely with the community to ensure that people have the opportunity to reach their full potential and live with hope, dignity and a sense of belonging. Led by volunteers, driven by a small professional staff team, United Way KFL&A helps people get involved, supporting issues they care about through volunteering and giving.

Funded Agencies in Frontenac

Addictions & Mental Health Services - KFL&A	Independent Living Centre Kingston	New Leaf Link (NeLL)
Almost Home	John Howard Society of Kingston & District	Resolve Counselling Services Canada
Battersea United Church	KFL&A Public Health	Rural Frontenac Community Services
BGC South East	Kingston 4Paws Service Dogs	Ryandale Transitional Housing
Big Brothers Big Sisters of KFL&A	Kingston Community Health Centres	Sexual Assault Centre Kingston
Canadian Hearing Services	Kingston Health Sciences Centre - Detoxification Centre	Southern Frontenac Community Services
Canadian National Institute for the Blind (CNIB)	Kingston Frontenac Public Library	St. Lawrence Youth Association
Centre for Abuse and Trauma Therapy	Kingston Interval House	Trellis HIV & Community Care
Community Navigation of Eastern Ontario	Kingston Military Family Resource Centre	Telephone Aid Line Kingston (TALK)
Dawn House Services and Housing for Women	Kingston Youth Shelter	Victim Services of Kingston and Frontenac
Dress for Success Kingston	Lionhearts Inc.	Well Suited
Elizabeth Fry Society Kingston	Loving Spoonful	Youth Diversion Program
Epilepsy South Eastern Ontario	Maltby Centre	YMCA of Eastern Ontario
Food Sharing Project	March of Dimes Canada	
Girls Inc. Limestone, Algonquin and Lakeshore	National Initiative for the Care of the Elderly	

“ Rural Frontenac Community Services strives to provide opportunities that will enhance the well-being and self sufficiency of all community members, helping them to live rural life to the fullest. The United Way KFL&A helps us to reach our goal through the support of our youth programming and our counselling program. We are very thankful for the United Way and their support in helping to serve the people of our small community. Our local love is strong. ”

- Louise Moody, Executive Director, Rural Frontenac Community Services

**United Way of Kingston, Frontenac,
Lennox and Addington**

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